

# HEALTH

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## WEIGHT MANAGEMENT: STRATEGIES FOR SUCCESS

One in every three Americans is fighting the weight loss battle. Tipping the energy balance scale in favor of using more calories than you consume is the bottom line for losing weight. Increase your chances for success by focusing on managing your weight. Weight management involves adopting a lifestyle that includes a healthful eating plan and regular physical activity. The key to managing weight throughout life is a positive attitude and the right kind of motivation. Listed below are strategies that can help you develop a positive and successful weight management plan.

### Strategy 1

Make health, not appearance, your weight management priority. A realistic goal is to achieve a healthy weight, not necessarily the lowest weight you can reach or an "ideal" weight from a chart.

### Strategy 2

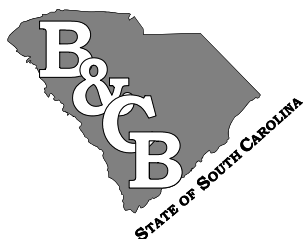
Focus on a healthy eating style, not on "dieting." Dieting usually lasts for only the short term and rarely produces long-term success.

### Strategy 3

Eating for good health and eating to control weight are virtually the same. Choosing a healthful eating plan that includes a variety of food choices from the Food Guide Pyramid can accomplish both objectives.

### Strategy 4

People who keep physically active are more successful at losing and keeping off extra pounds. A physically active lifestyle offers many rewards in addition to weight management, such as heart health, strong bones and stress relief.



**STATE HEALTH PLAN PREVENTION PARTNERS**  
**South Carolina State Budget and Control Board**  
**Office of Insurance Services-Insurance Benefits Management**  
**March 2000**

